

# Impanuro z'Ukwirinda n'Ubaho usize Amagara meza

Gira icukoze buri munsi kugira ubeho neza n'amagara meza.



## Fungura neza.

- Fungura ivyamwa bitandukanye, imboga, imbuto indya zidahinguye buri munsi.
- Gabanya indya hama unywe ibifise ama calories meshi, isukari, umunyu, amavuta, na alcool.
- Fungura indya zitandukanye kugira ufashe kugumana ibiro vy'amagara meza.



## Wame ukora (active).

- Ucore nimiburiburi amasaha 2½ kundwi. Harimo ibikorwa biduza uguhema kwawe nugutera k'umutima n'ibikomeza imitsi yawe.
- Ufashe abana n'imiyabaga gukina nimiburiburi isaha 1 kumunsi. Harimo ibikorwa bitera guhema n'ugutera k'umutima kandi bikomeza imitsi n'amagufa yabo.



## Wirinde wenyene.

- Ambara kaske mumutwe, umukaba munda wo kuntebe, amarori y'izuba, n'umuti w'imibu.
- Karaba intoke uhagarike gukwirakwiza udukoko dutera indwara.
- Wirinde kunywa itabi no guhemera abandi bantu umwotsi w'itabi.
- Shirako umubano mwiza n'abagenzi n'umuryango.
- Witegure gukora ivyihutirwa. Ucore ivyo utwaramo. Gira umugambi. Kurikirana amakuru.



## Yobora iviyumviro vyawe bibi.

- Ringaniza akazi, muhira no gukina.
- Uronke inkunga ziva mumuryango n'abagenzi.
- Wame ufise iviyumviro birashe (positive).
- Fata akanya ko kwidegemvyia.
- Uronke amasaha 7-9 yo kuryama ijoro ryose. Umenye neza ko abana baronse amasaha menshi, ukurikije imyaka yabo.
- Uronke ubufasha canke impanuro nimbi zikenewe.



## Wisuzumishe.

- Baza muganga wawe canke umu infirmier ukungene ushabora kugabanya ingorane z'amagara bijanye n'uko ubayeho wewe n'amateka ya kahise k'amagara y'umuryango wose.
- Uze umenye ikizamini, uguzumwa, isindano ukeneye nigihe co kubironka.
- Raba muganga wawe canke infirmier igihe akubariye kubikora. Murabe kare igihe wumva urwaye, uriko urababara, wumvise impinduka, canke wagize ingora y'imiti.